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# Prevention Fiber Up Slim Down Cookbook: A Four-Week Plan To Cut Cravings And Lose Weight

## Prevention. FIBER UP SLIM DOWN COOKBOOK

A FOUR-WEEK PLAN TO CUT CRAVINGS AND LOSE WEIGHT

By the Editors of America's Leading Healthy Lifestyle Magazine



## Synopsis

While common dieting wisdom suggests that those who need to lose weight must be eating too much, the newest discoveries in weight loss science now reveal that what's not being eaten can hinder weight reduction. Fiber is turning out to be the silver bullet of dieting--because it can fill you up on fewer calories, dampen cravings for fattening foods, and dramatically improve your overall health. Consuming the right amount of dietary fiber can have profound health benefits. It can cut the risk of heart disease by 30 percent; lower cholesterol by as much as 13 points; decrease inflammation; drop blood pressure; balance blood sugar; improve memory; reduce the risk for breast, colon, and endometrial cancer; and boost the immune system. Unfortunately, ramping up fiber levels too quickly can also cause digestive distress. With an easy-to-follow, 4-week plan, Prevention Fiber Up Slim Down Cookbook shows how to switch over to high-fiber living without experiencing excessive gas or uncomfortable bloating. Of course, for any weight-loss plan to work, the food must be fabulous. Prevention Fiber Up Slim Down Cookbook is packed with more than 200 delicious, fiber-rich recipes that work with any fiber-rich diet plan including homestyle dishes like Roasted Sweet and Russet Potato Salad and Mom's Turkey Meatloaf, tasty new favorites like Curried Beef with Pineapple and Coconut, and sweet treats like Ginger-Sweet Potato Cheesecake and Pumpkin Fruitcake.

## Book Information

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## Customer Reviews

I am loosing on average of 5lbs per month so I wanted to look at a book that would help me continue to reach my goals. I have made several recipes from this book. Peanut Butter milkshake, Strawberry & Banana french toast and Broccoli soup - loved them and did not feel hungry after eating these items. I did substitute egg beaters and Splenda for some of the items and my husband and I both enjoyed. I would highly recommend book.

I have tried a few recipes so far and they have been excellent. Most of the recipes have ingredients already on hand. The only problem that I have is that the recipes are for families. Only being one causes a few problems, how to cut the measurements down. Other than that it is a great book.

As a Dietetic Technician, I heartily recommend this book. Introducing fiber into one's diet is a very good step to take. I have really enjoyed many of the recipes in this book and I've still lost weight on a sensible diet program along with exercise. Fiber up, weight down and yummy too!

I can't believe any of these positive reviews came from people who bought the Kindle version. this book may be great in paper form, but it is of little use on a Kindle. The index is not active, and doesn't even contain page numbers (not that that would help much) so it is simply a list of recipes you can't find. The table of contents lists no recipes section, just "meal plans". The first part of the book is a lot of no doubt excellent advice and information on fiber. This is followed by day-by-day meal plans, mostly simple suggestions like "raisin bread with peanut butter" or "apple slices". If there are any good recipes, I have not found them and I am tired of looking. I wanted a cookbook, not robotic "meal plans". This was not worth 1 dollar to me, much less 11. Next time I will see if I can get a cheap paperback copy of a cookbook before I spring for the Kindle version.

LOVE this book so far. I initially bought it because my girlfriend made the meatloaf, & it was better than my mom's fatty meatloaf (which is hard to beat). I'm just getting started, but I earmarked 45 recipes as my favorites to start cooking. Yesterday, made 3 different soups, each one was REally easy (you basically use a blender & a pan), and tasted so fresh & light, yet satisfying and comforting

all at the same time. Like most women, I've bought a million & one health cookbooks, and get frustrated with the crazy ingredients & combinations. This has a lot of comfort foods, sometimes with a little twist. yum yum yum - can't wait to cook the other 40-something recipes. Going to buy the book for my mom & 2 friends now :)

I'm trying to get more fiber into my diet and had no idea of fiber counts in foods. For instance, the wheat bread I was eating is dense, but relatively low in fiber. Some fruits, such as blueberries are quite high in fiber. This book has some good lower calorie recipes and gives a good understanding of fiber and fiber counts in many foods. Thank you for your really fast delivery and the Free Super Saver delivery. In these tough economic times, some sellers appear to be trying to make a profit off delivery charges and you still offer yours free with a small purchase. I appreciate it. That is why I will continue to purchase Kellogg fiber bars, hair care, beauty products, etc. from . I could get these products at my local drugstore with no problem, but I don't.

I've had this book for years and it is one of my favorites. The recipes are easy to make and are absolutely delicious. This book is excellent for anyone on weight watchers too - lots of low point recipes. I have a ton of cookbooks but always come back to this one. I highly recommend this cookbook. I wish Prevention would come out with another one!

I am really pleased with this cookbook. It tells you how to add more fiber to your diet slowly without upsetting your digestive tract. Has a plan for beginning the diet as well as continuing. The recipes are great and the cookbook itself is a beautiful book. Very pleased with it.

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